



Nutrients needed in preconception

Folic Acid/5-MTHF : 1000 mcg (some individuals will need higher levels). Supports fertility, neurological development, healthy birth weight and APGAR scores.

B complex: Supports sex hormone production, adequate progesterone levels, stress management.

B1, B2, B3: 50 mg

B5: 100 mg

B6: 50-250 mg (higher for hormonal irregularities)

B12: 400 mcg (healthy and motile sperm)

Biotin: 100 mcg

Choline: 50 mg

Inositol: 50 mg

Iron: Dose is dependent on ferritin (iron store) levels. Take with Vit C and away from other minerals.

Chromium: 400 mcg Chromium citrate. This is best for weight normalization and in PCOS. Also helps for gestational diabetes and nausea of pregnancy. Do not use Chromium picolinate as it has concerns in pregnancy.

Selenium: 200 mcg. Helps male and female infertility (especially male). Supports healthy sperm production and DNA protection.

Zinc: 25-60 mg depending on your levels. Take away from other minerals. The most important mineral in preconception. Helps fertility, sperm motility and health. Can minimize stretch marks and tearing during birth.

Prenatal multivitamin: Supports healthy birth weight, maternal health and mood.

Essential Fatty Acids (EFA): especially Omega-3s. 4g mixed EFA (3:1 Omega 3:6) or 2.5g Omega 3 only. Helps hormonal balancing, stress and fetal brain development, supports "Baby Brain", Baby Blues and post partum depression.

Resources

Naish, Francesca. Lecture at Advancing Natural Medicine 7. Oct 2007.